

• THE EIGHTH ANNUAL •

# Diabetes/Heart Disease & Stroke Winter Symposium

*“Care in Challenging Times”*



March 5-6, 2010



Crown Reef Resort and Convention Center  
Myrtle Beach, SC

*Jointly Sponsored by:*

The Medical University of South Carolina  
SC DHEC Diabetes Prevention and Control Division  
SC DHEC Heart Disease and Stroke Prevention Division

*In Cooperation with:*

The Diabetes Initiative of South Carolina  
Diabetes Today Advisory Council



## STATEMENT OF PURPOSE

To address the burden of diabetes, heart disease, and stroke in South Carolina through education to improve patient outcomes. In the past several years, the state has ranked very high in the nation for diabetes prevalence and stroke/cardiovascular disease deaths.

## SPONSORING ORGANIZATIONS

This program is presented by the South Carolina Diabetes Prevention and Control Program (SCDPCP), the Heart Disease & Stroke Prevention Division (HDSP), The Medical University of South Carolina (MUSC), the Diabetes Initiative of South Carolina (DSC), and the Diabetes Today Advisory Council (DTAC). The SC DPCP is a Centers for Disease Control and Prevention (CDC) - sponsored program aimed at reducing the burden of diabetes in South Carolina. It is a statewide program of health systems change, health communication, and community coalitions and education. The DHEC Heart Disease & Stroke Prevention Division's mission is to prevent and reduce heart disease and stroke in South Carolina by striving to achieve systems and environmental change. The SC DPCP and the HDSP Division are both housed at the South Carolina Department of Health & Environmental Control (DHEC) within the Bureau of Community Health and Chronic Disease Prevention.

## ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Medical University of South Carolina and DHEC. The Medical University of South Carolina is accredited by the ACCME to provide continuing medical education for physicians.

## CREDIT DESIGNATIONS

### Physicians

The Medical University of South Carolina designates this educational activity for maximum of **7.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Nurses

Nursing Contact hours will be provided. SCDHEC is an approved provider of continuing nursing education by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### Registered Dietitians

Registered Dietitians may apply for CEUs.

### Social Workers

SC DHEC is approved by the SC Board of Social Work Examiners to provide continuing education contact hours for social workers. A certificate of attendance will be provided at the end of the conference.

### Certified Health Education Specialists (CHES)

An application for CHES Category I hours has been submitted.

## Recognition Awards

Recognition awards will be presented during the lunch session, Saturday, March 6, for the following categories:

- (1) Certified Diabetes Educator of the Year Award
- (2) Diabetes Champion of the Year Award
- (3) Power to End Stroke Ambassador of the Year Award
- (4) American Heart Association/American Stroke Association 6 Get with the Guidelines Distinguished Hospital of the Year Award

## CLIMATE AND CONFERENCE DRESS

During the month of March, temperatures in Myrtle Beach range in the upper 50s for highs and lows in the 40s. As the temperature in meeting rooms may vary, **you should bring a sweater or jacket**. Conference dress is business casual.

## GUEST MEALS

**There will be a \$10 fee per meal for non-registered guests.**

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### **Conference Materials** – web addresses

For your convenience and to protect our environment, slides and handouts from speaker presentation are available for download at <http://www.scdhec.gov/health/chcdp/diabetes/index.htm> and <http://www.scdhec.gov/hdsp>. Click on the “Useful Information” box. Materials will be posted after March 9<sup>th</sup>.

## **SYMPOSIUM OBJECTIVES**

At the conclusion of this conference, the participants should be able to:

1. Describe 3 effective cultural competence strategies used in the health care setting.
2. Recognize the implementation process and the outcomes of the Diabetes Connect program in S.C. physician offices.
3. Recall the effectiveness and cost savings of diabetes self-management education.
4. Define South Carolina's success in meeting Healthy People 2010 objectives for diabetes and heart disease/stroke.
5. Identify 2 potential approaches and resources for treating un-insured patients.
6. List 2 documentation and coding requirements for reimbursement of diabetes standards of care.
7. Describe 1 key health literacy concept to optimize patient/provider communication.
8. Identify 3 key educational interventions for patients with all stages of chronic kidney disease in outpatient settings.
9. Incorporate 3 key management standards for patients with all stages of chronic kidney disease in outpatient settings.
10. Outline the components of the American Society of Hypertension, Inc. (ASH) Hypertension Expert model for improving hypertension control.
11. Identify the necessary steps to implement the ASH recommendations for the treatment of hypertension in the practice setting.
12. Identify 2 effective patient skills for foot care self-management.
13. Describe the relationship between pre-diabetes, hypertension and stroke.

**AGENDA**  
**FRIDAY, MARCH 5, 2010**

<b>1:00 PM – 2:30 PM</b>	<b>Registration, Hotel Check-In, Exhibits, Networking</b>  <i>Opening Session</i>
<b>Moderator:</b>	<b>Teresa M. Robinson, MBA</b> DHEC HEART DISEASE AND STROKE PREVENTION DIVISION
<b>2:30 PM – 3:30 PM</b>	<b>Cultural Competence for Today's Health Care Professionals</b> Shauna P. Hicks, MHS, CHES Michele James, MSW DHEC OFFICE OF MINORITY HEALTH
<b>3:30 PM – 4:30 PM</b>	<b>Diabetes Connect: Diabetes Care in MD Offices</b> Gwen A. Davis, RN, MN, CDE DHEC BUREAU OF COMMUNITY HEALTH & CHRONIC DISEASE PREVENTION Sarah P. Smith, MAT, RD, LD, CDE DHEC REGION 8
<b>4:30 PM – 4:45 PM</b>	<b>Break, Exhibits</b>
<b>4:45 PM – 5:30 PM</b>	<b>Cost Effectiveness of Diabetes Self-Management Education</b> Donna Rice, MBA, BSN, RN, CDE DIABETES HEALTH AND WELLNESS INSTITUTE
<b>5:30 PM – 6:30 PM</b>	<b>Check-In, Exhibits, Networking</b>
<b>6:30 PM – 7:45 PM</b>	<b>Dinner and Speaker</b> <b>State of SC – Healthy People 2010</b> Lisa F. Waddell, MD, MPH DHEC DEPUTY COMMISSIONER FOR HEALTH SERVICES
<b>7:45 PM – 8:00 PM</b>	<b>Remarks/Evaluation/Adjournment</b>

**AGENDA**  
**SATURDAY, MARCH 6, 2010**

**GENERAL SESSION**

<b>7:15 AM – 8:15 AM</b>	<b>Breakfast, Registration, Exhibits</b>
<b>Moderator:</b>	<b>Sharm Steadman, PharmD, BCPS, FASHP, CDE</b> DEPT. OF FAMILY & PREVENTIVE MEDICINE, UNIV. OF SC
<b>8:15 AM – 8:30 AM</b>	<b>Welcome – DHEC Update</b> Michael D. Byrd, PhD, MPH DHEC BUREAU OF COMMUNITY HEALTH & CHRONIC DISEASE PREVENTION DIRECTOR
<b>8:30 AM – 9:30 AM</b>	<b>Treating the Un-insured Patient</b> Ken Trogon - WELVISTA
<b>9:30 AM – 10:30 AM</b>	<b>DSMT: Diabetes Self-Management Training &amp; Medicare Coverage for Standards of Care</b> Carol McMahon, RN, BSN PALMETTO GBA, PROVIDER OUTREACH & EDUCATION
<b>10:30 AM – 11:00 AM</b>	<b>Break, Exhibits</b>
<b>11:00 AM – 12:00 Noon</b>	<b>Health Literacy</b> Debbie Yoho, EdS - TURNING PAGES ADULT LITERACY
<b>12:00 Noon – 1:00 PM</b>	<b>Lunch &amp; Awards Presentations</b>

*AFTERNOON SESSION*

<b>1:00 PM – 1:50 PM</b>	<b>Diabetes, Hypertension and More: Educating the Patient at Risk For and With Chronic Kidney Disease</b> C.J. Parris, PA-C COLUMBIA NEPHROLOGY ASSOCIATES
<b>1:50 PM – 2:45 PM</b>	<b>Foot Care: Importance of Self-Management</b> Donna Burroughs, APRN-BC, CDE, CWCN TOTAL CARE, GREENVILLE HOSPITAL SYSTEM
<b>2:45 PM – 3:00 PM</b>	<b>Break</b>
<b>3:00 PM – 4:15 PM</b>	<b>Pre-Diabetes and Its Cardiovascular Risks: When Do the Diabetes-Related Risks Begin?</b> James R. Gavin III, MD, PhD EMORY UNIVERSITY SCHOOL OF MEDICINE
<b>4:15 PM – 4:30 PM</b>	<b>Closing Remarks/Evaluation</b> Rhonda L. Hill, PhD, CHES - DHEC DIABETES PREVENTION AND CONTROL DIVISION Joy Brooks, MHA - DHEC HEART DISEASE AND STROKE PREVENTION DIVISION

**AGENDA**  
**SATURDAY, MARCH 6, 2010**

**PHYSICIAN TRACK**

<b>7:15 AM – 8:15 AM</b>	<b>Breakfast, Registration, Exhibits</b>
<b>8:15 AM – 8:30 AM</b>	<b>Welcome – DHEC Update</b> Michael D. Byrd, PhD, MPH DIRECTOR, DHEC BUREAU OF COMMUNITY HEALTH & CHRONIC DISEASE PREVENTION
<b>Moderator:</b>	<b>Usah Lilavivat, MD, FACP, FACE, FACN, CDE</b> CAROLINA DIABETES & KIDNEY CENTER
<b>8:30 AM – 10:30 AM</b>	<b>American Society of Hypertension, Inc. (ASH)</b> <b>The JNC Guidelines and Hypertension Treatment and Control</b> Daniel Lackland, DrPH PROFESSOR, BIOMETRY & EPIDEMIOLOGY, MEDICAL UNIVERSITY OF SOUTH CAROLINA CHAIR, DIABETES INITIATIVE OF SOUTH CAROLINA  Brent M. Egan, MD HYPERTENSION INITIATIVE, MEDICAL UNIVERSITY OF SOUTH CAROLINA
<b>10:30 AM – 11:00 AM</b>	<b>Break, Exhibits</b>
<b>11:00 AM – 12:00 Noon</b>	<b>Continuation of American Society for Hypertension, Inc. (ASH) training session</b> <b>The JNC Guidelines and Hypertension Treatment and Control</b>
<b>12:00 Noon – 1:00 PM</b>	<b>Lunch &amp; Awards Presentations</b>
<i>AFTERNOON SESSION</i>	
<b>1:00 PM – 2:45 PM</b>	<b>Diabetes, Hypertension and More: Managing the Patient at Risk For and With Chronic Kidney Disease</b> Sewell Kahn, MD, FACP SC COLLEGE OF PHARMACY, MEDICAL UNIVERSITY OF SOUTH CAROLINA
<b>2:45 PM – 3:00 PM</b>	<b>Break</b>
<b>3:00 PM – 4:15 PM</b>	<b>Pre-Diabetes and Its Cardiovascular Risks: When Do the Diabetes-Related Risks Begin?</b> James R. Gavin III, MD, PhD EMORY UNIVERSITY SCHOOL OF MEDICINE
<b>4:15 PM – 4:30 PM</b>	<b>Closing Remarks/Evaluation</b> Rhonda L. Hill, PhD, CHES DHEC DIABETES PREVENTION AND CONTROL DIVISION Joy Brooks, MHA DHEC HEART DISEASE AND STROKE PREVENTION DIVISION

# **ACKNOWLEDGEMENTS**

## **WE GRATEFULLY ACKNOWLEDGE**

**∞ The Diabetes Today Advisory Council (DTAC) ∞**

**for faculty sponsorship of**

**James R. Gavin III, MD, PhD**

**and**

**For sponsoring the beverage break**

**∞ The National Kidney Foundation Serving South Carolina ∞**

**for faculty sponsorship of**

**Sewell Kahn, MD, FACP**

**and**

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## FACULTY DISCLOSURE

In accordance with the AACME Essentials and Standards, anyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interests in the health care industry. This information is listed below.

The Medical University of South Carolina College of Medicine, as an ACCME provider, requires that all faculty presenters identify and disclose any off label uses for pharmaceutical and medical device products. The Medical University of South Carolina College of Medicine recommends that each physician fully review all the available data on new products or procedures prior to instituting them with patients.

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### Moderators and Faculty with financial relationships:

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C.J. Parris, PA-C  
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## **PLANNING COMMITTEE MEMBERS DISCLOSURE**

The South Carolina Diabetes Prevention and Control Program/SC DHEC endorses the Standards of Accreditation Council for Continuing Medical Education. The Planning Committee members of this symposium have provided disclosure information that is listed below.

The following information has been disclosed.

- No relevant financial relationship with a commercial entity.
- Does not intend to discuss a unapproved/investigative use of a commercial product/device.

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Susan S. Frost, MS, RD, LD

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**☞ Joy F. Brooks, MHA ☞**

**Joy Brooks, MHA**, is the Director of the South Carolina Department of Health and Environmental Control Heart Disease and Stroke Prevention Division, Bureau of Community Health and Chronic Disease Prevention. Prior to this position, she served as the Health Systems Coordinator for the Division for 3 years. She holds a Masters in Health Administration received from Adams and Washington University, and an undergraduate degree in Psychology from Columbia College. She formerly served as the Patient Relations Manager for Palmetto Health Richland for 11 years where she managed various accreditation processes, quality improvement initiatives, as well as complaint and risk management.

Ms. Brooks provides leadership for statewide initiatives to address the burden of cardiovascular disease in South Carolina. Initiatives within the pre-hospital/EMS, primary care settings, hospitals, worksites, and targeted community settings are strategically focused on strengthening the chain of survival for heart disease and stroke.

Ms. Brooks is the proud mother of two precocious preschoolers.

**☞ Donna D. Burroughs, APRN-BC, CDE, CWCN ☞**

**Donna D. Burroughs, APRN-BC, CDE, CWCN**, serves as the Clinical Nurse Specialist for Total Health, a Division of the Greenville Hospital System, Greenville, SC. Total Health receives funding support from a Duke Endowment Grant. Mrs. Burroughs has been in nursing for over 30 years, receiving her Associate Degree from Greenville Technical Education Center in 1979. She received her BSN in 1995 and MSN in 1997 from Clemson University. Mrs. Burroughs is certified as a clinical nurse specialist with prescriptive authority, diabetes educator, and wound care nurse.

She has worked in a variety of settings from college nurse to critical care. At AnMed Health, Anderson, SC, where she worked for 17 years, Mrs. Burroughs served as the Nurse Manager for PACU and Coordinator for the Outpatient Foot and Wound Care Program. In 2003, she moved to Primary Care Associates (PCA), a large family practice with two offices in Anderson and Belton. At PCA, she was the Diabetes Coordinator for an ADA recognized Diabetes Self Management Program. In addition, she saw foot and wound care patients at both offices. In 2009, Mrs. Burroughs joined the Greenville Hospital System as an Advanced Practice Nurse with Total Health. The program strives to develop self-management skills for an identified group of Medicaid patients at the Internal Medicine Clinic with the primary goal of decreasing ED visits and hospitalizations. The patients are followed for several disease processes including diabetes, dyslipidemia, hypertension, COPD/asthma, and CHF. Over 50% of the patients have diabetes. Her publications include a descriptive study of patients from the foot care clinic published in the *Clinical Nurse Specialist Journal*.

Mrs. Burroughs has been married for 31 years and has two married children. They have two granddaughters, ages 4 and 3 years. She looks forward to the birth of two more grandchildren in 2010, a boy and a girl. Both her daughter and daughter-in-law are due to deliver in March.

☞ **Michael D. Byrd, PhD, MPH** ☞

**Michael D. Byrd, PhD, MPH**, is the Director, DHEC Bureau of Community Health and Chronic Disease Prevention from September 2004 to present. Prior to that he was the Director of the Bureau of Home Health for 20 years. He is the Board Chair for Palmetto Senior Care and is a Board Member of the National Association of Chronic Disease Directors. He directs eight divisions and three community health related offices of a state public health agency, including eight Medicare certified home health agencies. He is the Principal Investigator for 12 CDC grants as well as private grant and research programs such as the Robert Wood Johnson Foundation "Building Systems of Care for the Chronically Ill," and "Common Ground," and the John A. Hartford Foundation Generalist Physician Initiative. He is a Clinical Instructor for the University of South Carolina School of Medicine, and a part-time Faculty for the University of South Carolina Arnold School of Public Health, and College of Social Work. He has been employed in public health since 1973.

☞ **Gwen A Davis, RN, MN, CDE** ☞

**Gwen A Davis, RN, MN, CDE**, has been a public health nurse for 20+ years and currently serves as a nurse consultant for DHEC's Bureau of Community Health and Chronic Disease Prevention. She is responsible for the agency's multi-site diabetes education program and is currently the project manager for a state initiative to address prevention and management of diabetes and its co-morbidity. Gwen has been a CDE since 1999, serves as current chair of the AADE public health specialty practice group, and has presented at both the AADE and the CDC Diabetes Translation conferences. Gwen has been active in her nursing profession serving as board president for the SC Nurses Association, serving as a delegate to the ANA House of Delegates, and selected for the 2009 task force to revise the ANA Scope and Standards of Nursing Practice. She was a SC Palmetto Gold recipient in 2004.

☞ **Brent M. Egan, MD** ☞

**Brent M. Egan, MD**, is a professor of medicine and pharmacology at the Medical University of South Carolina. He received his medical degree and training in medicine and hypertension at the University of Michigan in Ann Arbor, Michigan. His clinical and basic research studies have examined mechanisms of cardiovascular risk in obesity. The findings suggest that fatty acids participate in the pathophysiology of elevated blood pressure and vascular remodeling in patients with the metabolic syndrome through oxidative stress-sensitive pathways. The DASH Eating Plan appears to lower blood pressure in part by increasing anti-oxidant capacity and reducing oxidative stress.

Dr. Egan's participation in community activities has included "Heart & Soul," "Lighten Up," "Commun-I-Care," the Stroke Belt Initiative and the Hypertension Initiative, which is currently working with ~1500 primary care providers at more than 150 practices and ~1,300,000 patients in the Southeast in an effort to improve cardiovascular health. The US Department of Health and Human Services recognized the Initiative as a national Best Practice Model in March 2004 and again in July 2004 for reducing health disparities. Dr. Egan is active in the American Society of Hypertension (ASH), where he has served as vice president. His numerous activities have fostered more than 200 original papers and reviews and led to positions on the editorial boards of the *American Journal of Hypertension*, *Current Hypertension Reports*, *Ethnicity and Disease*, *Hypertension*, *Journal of Human*

*Hypertension, Therapeutic Advances in Cardiovascular Disease* and *Journal of the American Nutraceutical Association*. He received recognition on the öBest Doctorsö list for 1998-2010.

œ **James R. Gavin III, M.D., Ph.D.** œ

**James R. Gavin III, M.D., Ph.D.**, graduated from Livingstone College in Salisbury, N.C., in 1966 with a degree in chemistry. He earned his Ph.D. in biochemistry from Emory University in 1970 and his M.D. degree from Duke University School of Medicine in 1975.

Dr. Gavin is Clinical Professor of Medicine, Emory University School of Medicine, Atlanta, GA and Clinical Professor of Medicine, Indiana University School of Medicine. He was president of the Morehouse School of Medicine, Atlanta, GA from 2002-2004. He served as senior scientific officer at the Howard Hughes Medical Institute (HHMI) from 1991-2002 and director of the HHMI-National Institutes of Health Research Scholars Program from 2000-2002.

Before joining the senior staff of HHMI, he was on faculty at the University of Oklahoma Health Sciences Center as a professor of medicine and chief of the Diabetes Section, acting chief of the Section on Endocrinology, Metabolism and Hypertension, and William K. Warren Professor for Diabetes Studies. He previously served as Associate Professor of Medicine at Washington University School of Medicine in St. Louis. He was a lieutenant commander in the U.S. Public Health Service from 1971-73 and continues to serve as a reserve officer in the USPHS.

Dr. Gavin belongs to a number of organizations, including the Institute of Medicine of the National Academy of Sciences, the American Diabetes Association, the American Society of Clinical Investigation, the American Association of Physicians, the Alpha Omega Alpha Medical Honor Society, the Association of Black Cardiologists, Omicron Delta Kappa Honorary Society and the Sigma Pi Phi Leadership Fraternity. He is a past president of the American Diabetes Association and was voted Clinician of the Year by ADA in Diabetes in 1991. He has served on many advisory boards and on the editorial boards of the American Journal of Physiology and the American Journal of Medical Sciences. He is on the board of trustees for Emory University, Livingstone College, and the Robert Wood Johnson Foundation. He is a member of the Board of Baxter International, Inc., Amylin Pharmaceuticals, and Nuvelo Pharmaceuticals, Inc. He is national program director of Harold Amos Faculty Development Program of the Robert Wood Johnson Foundation. Dr. Gavin is immediate past chairman of the National Diabetes Education Program and a past member of the Advisory Council to the NIDDK. He is also chairman of the Data Safety Monitoring Board for the VA Cooperative Diabetes Study.

He has published more than 200 articles and abstracts in such publications as *Science*, *Journal of Applied Physiology*, *Diabetes*, and the *American Journal of Physiology*.

Among the many honors Dr. Gavin has received are the Daniel Hale Williams Award, the E.E. Just Award, the Herbert Nickens Award, the Daniel Savage Memorial Award, the Emory University Medal for Distinguished Achievement, the Banting Medal for Distinguished Service from the American Diabetes Association, the Distinguished Alumni Award from the Duke University School of Medicine, and the Internist of the Year from the National Medical Association.

Dr. Gavin and his wife, Annie, have been married for 37 years and they have three adult sons.

**☞ Shauna P. Hicks, MHS, CHES ☞**

**Shauna P. Hicks**, MHS, CHES, native of Bethesda, Maryland, has worked at the SC Department of Health and Environmental Control since 1993. During her tenure at the agency, Ms. Hicks has worked in several capacities to include Program Coordinator for the Strike Out Stroke Program, the Health Promotion and Marketing Consultant, Health Disparities Consultant, and Assistant Director for the Office of Minority Health; and the Special Assistant to the Deputy Commissioner for Health Services. She currently serves as the Director of the Office of Minority Health where she is responsible for providing leadership and management to the state Office, and direction for the agency's and health services health disparities elimination efforts, cultural competence initiative, limited English Proficiency initiative and community-based partnerships. Ms. Hicks received her Bachelor of Science Degree in Community Health, from New Mexico State University and her Master's Degree in Health Science from Georgia Southern University in Affiliation with Armstrong State College. She is a graduate of the National Public Health Leadership Institute and a former Army Officer. She has one daughter.

**☞ Rhonda L. Hill, PhD, CHES ☞**

**Rhonda L. Hill**, PhD, CHES, is the Division Director for the Diabetes Prevention and Control Program within the Bureau of Community Health and Chronic Disease Prevention at the South Carolina Department of Health and Environmental Control and has worked in this capacity for the past eight years. Dr. Hill is responsible for providing leadership to the division to strive towards the elimination of the disparity of diabetes morbidity and mortality among African Americans, elderly, and other high-risk individuals in South Carolina. She actively partners and collaborates with divisions within the Bureau and other DHEC programs as well as external partners to achieve common goals that will increase measurable public health impact.

Prior to her current position, Dr. Hill served as the District Director of Health Education for the Waccamaw Public Health District in South Carolina. There she coordinated comprehensive public health education for three counties as well as served on the District Management Team.

Dr. Hill is a graduate of Southern University A&M College in Baton Rouge, LA, Murray State University in Murray, KY and The University of Tennessee, Knoxville in Knoxville, TN. Her background is in clinical psychology and health education/health promotion and she is a Certified Health Education Specialist. She is a graduate of the Management Academy for Public Health from the University of North Carolina at Chapel Hill and actively works with the Diabetes Initiative of South Carolina and the Diabetes Council of the National Association of Chronic Disease Directors.

**☞ Sewell Kahn, MD, FACP ☜**

**Sewell I. Kahn, MD, FACP**, was born in Charleston, South Carolina and is a graduate of the Medical College of South Carolina in Pharmacy and Medicine.

He was a Rotating Intern at Milwaukee County General Hospital. He a Resident in Internal Medicine and a Fellow in Nephrology at Rhode Island Hospital/Brown University.

Dr. Kahn was on the faculty of Brown University. He was Medical Director of the Rhode Island Renal Institute, which operated 3 dialysis facilities in Rhode Island. He received leadership training from the American Society of Internal Medicine and was President of the Rhode Island Society of Internal Medicine. He was President of the medical staff of Kent County Hospital and was a member of the boards of trustees of the Hospital and Care New England, the parent organization of the hospital.

Currently, he is a consultant in Healthcare Relations Management. He is Medical Director of the Medical Assisting Program at Trident Technical College and a Clinical Associate Professor, SC College of Pharmacy, MUSC campus. He is a speaker for the National Kidney Foundation serving South Carolina and a member of the Bioethics Committee of the SC Medical Association. He lectures to physicians and healthcare workers on the topic of interpersonal relations and speaks to the general public on how to be effective patients.

**☞ Michele James, MSW ☜**

**Michele James, MSW**, is the Assistant Director of the Office of Minority Health at the South Carolina Department of Health & Environmental Control. She received her BSW from Howard University, Washington DC and her Masters of Social Work from the University of South Carolina. She has over twenty years of experience working with diverse populations at the community and state level. For the past ten years she has planned, implemented and evaluated programs, policies and services focusing on minority health and the elimination of health disparities.

**☞ Daniel Lackland, DrPH ☜**

**Daniel T. Lackland, DrPH**, is Professor of Epidemiology in the Department of Neurosciences, at the Medical University of South Carolina. He received his doctorate degree in cardiovascular epidemiology from the University of Pittsburgh. The past president of the Mid-Atlantic Affiliate of the American Heart Association (AHA), he is the current chair of the Diabetes Initiative of South Carolina. He also serves on the AHA Stroke Council Leadership Committee, Epidemiology and Prevention Council Leadership Committee, High Blood Pressure Research Leadership Committee, and recently completed service on the AHA National Research Committee. Dr. Lackland was appointed in 2008 to the NHLBI Global Risk Assessment Workgroup, and the High Blood Pressure Guidelines (JNC 8). He is the past-chairman of the South Carolina Stroke Task Force, Tri-State Stroke Network, and is the past president of the Carolinas-Georgia-Florida Chapter of the American Society of Hypertension. He is the recipient of the 2002 Excellence in Leadership award from the Consortium for Southeastern Hypertension Control. Much of his research interest involves the population risk assessment of cardiovascular disease, stroke and hypertension. In particular, his work focuses on the factors associated with the racial disparity in disease, and the

geographic patterns of disease through the assessment of the data and tissue samples from the Charleston Heart Study and Evans County Heart Study. He is currently collaborating with Professor David Barker at the Medical Research Council with a study of the fetal origin of hypertension-related diseases and endothelial function. He is the principal investigator for the NIH-funded Black Pooling Project that is assessing the disparities in cardiovascular diseases and hypertension.

In addition to these epidemiological investigations, Professor Lackland is involved in population high blood pressure control efforts. He is involved with an assessment of the quality of hypertension treatment and control in the SC Medicaid population. He also serves on the boards of the American Society of Hypertension, Hypertension Initiative, and the Diabetes of South Carolina, Consortium for Southeastern Hypertension Control (COSEHC), Carolinas Center for Medical Excellence, and Barker Foundation for a Lifetime. He is a member of the editorial boards of *Hypertension*, *Journal of Clinical Hypertension*, *Journal of the CardioMetabolic Syndrome*, *Ethnicity and Disease*, *Journal of the American Society of Hypertension*, and *Preventive Medicine*. He also leads blood pressure and risk factor screening activities at sporting events in the Southeast, and is a consultant for high blood pressure control programs in Latin America and central Asia.

#### ☞ **Carol McMahon, RN, BSN** ☞

**Carol McMahon, RN, BSN**, received her initial nursing education from Boise State University, in Boise, ID. She was employed by Blue Cross Blue Shield of Idaho as a Medical Review Specialist for the Idaho Medicare Peer Review Organization for 3 years. While raising a family and holding various clinical positions, she completed a BS in 2006 from McKendree College, in Lebanon, Illinois. After attending graduate legal studies at Webster University in St. Louis, MO, she moved to South Carolina in 2009 and is a Provider Education Consultant for Palmetto GBA.

#### ☞ **CJ Parris, PA-C** ☞

**C. J. Parris, PA-C**, graduated from the University of Florida, Physician Assistant Program in Gainesville, Florida in 1981 and spent four years with the Division of Infectious Diseases at Shands Hospital before joining the Renal Transplant Surgery Department in 1985. He worked on the transplant team for eight years and then became the Director of Renal Clinics for the Division of Nephrology, Hypertension and Transplant at UF. In 1995 he moved to South Carolina and joined Columbia Nephrology Associates in Columbia where he remains today as the Manager of Electronic Health Records and as a PA in the Renal Transplant Clinic. He has been active with National Kidney Foundation of SC, serving as a Past President and on the Medical Advisory Board. He is a member of the South Carolina Academy of Physician Assistants, having served as President, and is currently the Midlands Local Area Representative.

**☞ Donna Rice, MBA, BSN, RN, CDE ☞**

**Donna Rice**, MBA, BSN, RN, CDE, is currently the President of the Southern Sector Health Initiative (SSHI), an affiliate of Baylor Health Care System. The SSHI is a new initiative for the Baylor Health Care System, with a vision of improving the care and saving the lives of people with diabetes, by creating a new care model focused on health care, prevention, education, and research in the Frazier Community of South Dallas.

Her primary responsibility is to bring this vision into a reality with the development of a state of the art Health and Wellness Institute that focuses on diabetes care and prevention.

She received her Registered Nurses Diploma from Saint Anne's Hospital School of Nursing (Chicago) and completed her Bachelor of Science in Nursing from the Madonna University in Livonia, Michigan. She also received a Master in Business Administration from Baker College of Business in Flint, Michigan.

She has been involved with diabetes management for the past 20 years and is a national and international thought leader on diabetes care. Donna also serves as the current Immediate Past President of the American Association of Diabetes Educators for 2008.

Rice has also chaired a national task force and developed a national program on sexual dysfunction for the American Association of Diabetes Educators. She has also published a manual called *Diabetes and Erectile Dysfunction: A Quick "n" Easy Guide for the Diabetes Educator*, and currently co-authored a book called *Sex and Diabetes* with the American Diabetes Association.

She is frequently called upon to speak on the topic of diabetes education and has authored many publications on sexual dysfunction as it relates to diabetes, as well as numerous publications on diabetes care. Donna has done numerous television and radio talk shows promoting diabetes prevention and care.

Donna recently relocated from Brighton, Michigan and has two grown sons. She can be contacted at [donna.rice@baylorhealth.edu](mailto:donna.rice@baylorhealth.edu).

**☞ Sarah P. Smith, MAT, RD, LD, CDE ☞**

**Sarah Smith**, MAT, RD, LD, CDE, is a Registered Dietitian and Certified Diabetes Educator with SC DHEC Region 8 Diabetes Self-Management Education Program. Her office is located in Hampton County, SC. Mrs. Smith teaches the DSME classes in Hampton County, presents Diabetes Connect education/staff development modules to local health care providers and their staff, and presents Diabetes 101 programs in the Hampton County community to improve diabetes awareness. She received her Bachelor's and Master's Degrees from Winthrop University, Rock Hill, SC. She has been a Registered Dietitian for many years and a Certified Diabetes Educator since 2001. Mrs. Smith has presented at state and national meetings on a wide range of topics. She currently resides in Bluffton, SC.

## ☞ Ken Trogdon ☞

**Ken Trogdon** is the Chief Executive Officer of Welvista. He has led the organization since 1997, steering Welvista toward innovation through partnerships to provide access to healthcare for the uninsured.

Under Trogdon's leadership, Welvista has emerged as a leading mail-order pharmacy for the uninsured in the country providing access to medications for the uninsured with the long-term outcome of reducing the cost of uncompensated care while improving quality of life. During his tenure, Welvista has expanded its reach into free clinics, hospitals, and community health centers throughout South Carolina. It has also experienced a cultural transformation driven by the establishment of a set of core values, a commitment to continuous process improvement, and a collaborative approach to serving its patients.

Last year Welvista saw significant growth that has taken the organization outside the borders of South Carolina into several pilot projects. Texas (Central Dallas Ministries and Baylor Healthcare System), Delaware (Delaware Foundation for Medical Services) and New Jersey (Newark Now) are partnering with us to provide prescription medication to the uninsured in these 3 states. Helping more Americans access prescription medications will build a healthier nation.

Welvista also operates pediatric dental centers that provide children from limited income families with effective oral health care services and education focusing on prevention and early intervention based on the premise that a child must be healthy in order to be ready to learn. Good oral health is essential for a child's behavioral, speech, language and overall growth and development. These centers go a long way toward making treatment available for children and preventing more severe, long-term oral health problems.

As Chief Executive Officer, Trogdon has successfully led Welvista to strong growth programmatically, operationally, and publicly. Under Trogdon's leadership, Welvista's programs have been widely recognized as a model program for the uninsured. Welvista was selected as a *Best Practices Initiative* by the Department of Health and Human Services, validating Welvista as an innovative model of non-governmental health care intervention. Trogdon has played a key role in the success of Welvista, delivering a program that has proven to help bridge the gap in health care.

Trogdon is a graduate of the Liberty Fellowship Program, Class of 2007, a statewide leadership effort sponsored by South Carolina philanthropist, Hayne Hipp. In 2006, he was awarded *The Order of the Palmetto*, South Carolina's highest civilian honor for exceptional, dedicated service to the Palmetto State. He is actively engaged as a speaker for conferences and organizations serving the medically uninsured throughout the United States. Trogdon is a current member of the 2009 Midlands Class of the Riley Diversity Leadership Program sponsored by Furman University. He also serves on a number of boards throughout the state.

Trogdon is a graduate of the University of South Carolina. He is married and he and his wife Christy have two daughters.

**☞ Lisa Friend Waddell, M.D., MPH ☞**

**Lisa Friend Waddell, M.D., MPH**, is the Deputy Commissioner for Health Services with the South Carolina Department of Health and Environmental Control (SC DHEC). She has a passion for public health and for leading a team whose vision is to improve lives of the people we serve. Dr. Waddell provides leadership and management oversight to central office of five bureaus, numerous divisions, five professional practice offices; and eight local public health regions that provide public health services throughout the state. The Health Services area of DHEC is responsible for public health policy, programs and service delivery in the areas of Maternal and Child Health, Environmental Health, Infectious Disease Prevention, Chronic Disease Prevention, Home Health, Minority Health, the Public Health Laboratory, and the health aspects of public health preparedness and response. Health Services is the largest organizational unit in DHEC and has a budget of \$403 million dollars with over 2,900 employees statewide.

As Deputy Commissioner for Health Services, Dr. Waddell works closely with the Commissioner on policy development, legislative & budget strategies, organizational issues, strategic planning, and overall agency direction. She has focused Health Services towards operational and health status excellence ó through performance management, public/private partnerships, and a focus on prevention and healthy lifestyles. She is leading the department's efforts on critical public health issues such addressing the obesity epidemic, eliminating health disparities, reducing infant mortality, improving the health of children, addressing chronic diseases such as diabetes, cancer, heart disease and stroke; eliminating tobacco exposure and use; and strengthening the public health system to ensure that we are prepared to respond to outbreaks and natural or manmade disasters.

Prior to her current position, Dr. Waddell served as the Assistant Commissioner for South Carolina Department of Health and Environmental Control; the District Health Director for the Wateree Public Health District; and the Deputy Health Director for the Richmond City Health Department in Richmond, Virginia.

Dr. Waddell is a graduate of University of Virginia, the Medical College of Virginia, the Eastern Virginia Graduate School of Medicine, the University of North Carolina School of Public Health, and the CDC's National Public Health Leadership Institute.

Dr. Waddell is a member of numerous professional organizations and boards; and the recipient of numerous honors and awards including the 2009 Noble J. Swearingen Award from ASTHO, the 2009 J. Marion Sims Award for Meritorious Achievement in Public Health from the S.C. Public Health Association; the 2007 Power to End Stroke Ambassador Award from the American Heart Association; the Governor's "Woman of Achievement Award" in 2000; and several agency awards.

She is married and has two young sons. She enjoys supporting her children in their activities, listening to music, walking, piano and traveling.

œ **Deborah Wright Yoho, Ed.S** œ

**Deborah Yoho, Ed.S**, is the executive director of Turning Pages, a non-profit adult literacy program in Columbia, SC. She is the former moderator of the National Institute for Literacy on-line Discussion Group on Health Literacy, and was the principal investigator for a project funded by Pfizer to train health professionals in health literacy techniques. Mrs. Yoho has also served on the Governance Council of ProLiteracy, Inc., and as a health literacy specialist advising the J. Marion Sims Foundation in Lancaster, working with grantees implementing health literacy projects. Ms. Yoho is a former high school principal and reading instructor.

## RECOGNITION AWARDS ELIGIBILITY CRITERIA:

### 1. **Certified Diabetes Educator of the Year Award:**

**Purpose:** This award recognizes a certified diabetes educator who has made a special contribution to diabetes education through dedication and innovation in the daily practice of patient care.

**Eligibility:** Nominees must be currently employed as a Diabetes Educator. The nominee must have been a Certified Diabetes Educator (CDE) for at least three (3) years.

### 2. **Diabetes Champion of the Year Award:**

**Purpose:** This award recognizes an individual or organization for outstanding contributions to the care of people with diabetes and/or improving systems of care for people with diabetes.

**Eligibility:** Individual nominees must have been actively engaged in clinical practice for at least three (3) years, with attention to provision of patient-centered care based on the national diabetes recommended standards of care (clinical and self-management education).

Organizational nominees must have made substantial advancement in improving health care systems to improve care for patients through well-defined measures.

### 3. **Power to End Stroke Ambassador of the Year Award:**

**Purpose:** This award recognizes an outstanding Power to End Stroke (PTES) Ambassador who has served to promote education and awareness targeted at lowering the incidence of stroke in the African-American population. This campaign embraces and celebrates the culture, energy, creativity and lifestyles of African Americans. It unites African Americans to make an impact on the high incidence of stroke within their community.

**Eligibility:** Nominees must be actively spreading the PTES outreach message, effective and well received in their communities, and engaged in promoting PTES by finding creative venues and partners to support this important awareness and prevention campaign to lessen the burden of stroke in SC.

### 4. **American Heart Association (AHA)/American Stroke Association (ASA) - Get with the Guidelines Hospital of the Year Award:**

**Purpose:** This award recognizes a Get With The Guidelines (GWTG) Hospital that has made significant improvements in quality care for patients with cardiovascular disease and stroke.

**Eligibility:** Hospitals must be using both HF and Stroke modules of the GWTG Program and have achieved the AHA's Participating Status and the Bronze Level Award (>85% compliance on all performance indicators for 90 consecutive days). Nominees must also show that they are engaged in the program by using concurrent chart review and by having an active GWTG team, a committed physician champion and GWTG program champion.

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